Important Reminders

• A California state-issued certificate of domestic partnership must be on file with SISC for all domestic partnerships by 10/01/2020.

• Since 10/01/2018, Anthem PPO members were made subject to reference pricing for five common procedures that can be performed safely at an Ambulatory Surgery Center (ASC) at costs significantly lower than at a hospital. **Members with questions should contact the customer service number on their ID cards.**

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Maximum benefit at an in-network outpatient hospital facility</th>
<th>There is no limit at an in-network Ambulatory Surgery Center (ASC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthroscopy</td>
<td>$4,500</td>
<td>There is no benefit change at an ASC. The limits at an outpatient hospital facility do not apply at an ASC.</td>
</tr>
<tr>
<td>Cataract Surgery</td>
<td>$2,000</td>
<td></td>
</tr>
<tr>
<td>Colonoscopy</td>
<td>$1,500</td>
<td></td>
</tr>
<tr>
<td>Upper GI Endoscopy with Biopsy</td>
<td>$1,250</td>
<td></td>
</tr>
<tr>
<td>Upper GI Endoscopy without Biopsy</td>
<td>$1,000</td>
<td></td>
</tr>
</tbody>
</table>

• Since 10/01/2015, Anthem PPO members are required to have hip and knee replacements, and certain inpatient spine surgeries, performed at an Anthem Blue Cross Blue Distinction+ center in order to be covered their PPO plan. **Members with questions should contact the customer service number on their ID cards.**

• Anthem members receive $0 generics (excludes certain pain and cough medications) from Costco once deductibles (if any) are satisfied.
Anthem
Online and Mobile App

At Anthem.com/Ca or with the Sydney app, members can stay on top of their care 24/7:

• Find a doctor or urgent care center near you
• View or print your Anthem member ID card
• Check your deductible, out-of-pocket maximum, and copayment/coinsurance
• View your claims
• Review your benefits information
• See your wellness benefits
• Sync with your fitness tracker
• Check My Family Health Records
• And more!
Anthem PPO members have access to in-person and virtual care:

- Visit your doctor at your local facility
- Meet face-to-face with a video visit via MDLive
- Save yourself a trip to the doctor’s office with a telephone appointment via MDLive
- Emergency and urgent care coverage worldwide and 24/7 support with the Global Core Program at 1-800-810-BLUE
Added Value Programs

24/7 Phone and Video Physician Consultations

Anthem PPO members can consult a licensed doctor, pediatrician, therapist, or psychiatrist over the phone, by video visit, or by using the mobile app, for a $5 copay* via MDLive. All visits are confidential.

Members can speak with a physician for a variety of medical conditions, including:

- General Conditions
  - Cold/Flu
  - Respiratory Problems
  - Allergies
  - Children’s health issues
  - And more

- Behavioral Health
  - Depression
  - Bipolar disorders
  - Stress
  - Grief and loss
  - And more

MDLive physicians can diagnose and prescribe medication when appropriate.

Visit MDLive.com/SISC or call 1-800-657-6169 for more information.

*Per IRS guidelines for HSA plans, this benefit is subject to deductible for members enrolled in the following plans: Minimum Value, Anchor Bronze, HSA-A and HSA-B.
Added Value Programs
One-on-One Digital Health Coaching Available at No Cost*

Vida App
Anthem PPO members* have access to a virtual care platform that treats a full range of lifestyle, chronic, and behavioral health conditions through Vida Health. Users receive:

• 1:1 health coaching and therapy available through a virtual platform
• Digital interventions and programs
• Progress tracked through in-app trackers and connected devices
• Tools and resources such as videos and lessons

Visit Vida.com/SISC or call 1-855-442-5885 to learn more.

*Per IRS guidelines for HSA plans, this benefit is subject to deductible for members enrolled in the following plans: Minimum Value, Anchor Bronze, HSA-A and HSA-B.
Oncology Center of Excellence Program
Anthem PPO members* have access to an enhanced cancer benefit at the City of Hope in Duarte, California, through Health Design Plus.

Members receive:

• In-person evaluation at City of Hope with confirmation of cancer diagnosis
• Development of a customized treatment plan
• Paid travel for patient and one companion
• Access to a personal care nurse to coordinate care
• Clinical trial and genetic risk education
• Transition of care and collaboration with home oncologist for one year post-evaluation

Visit SISC.HDPlus.com or call 1-877-220-3556 to learn more.

*Per IRS guidelines for HSA plans, this benefit is subject to deductible for members enrolled in the following plans: Minimum Value, Anchor Bronze, HSA-A and HSA-B.
Hinge Health
Anthem PPO members have access to a digital physical therapy program through Hinge Health. The program provides personalized, interactive physical therapy using the latest technology for those suffering with chronic pain.

Eligible members receive wearable sensors and a monitoring device to guide them through virtual therapy sessions from home. The program also includes unlimited access to a personal health coach, links to educational articles, and information regarding available treatment options.

Members can access support for the following conditions:
- Hip pain
- Knee pain
- Neck pain
- Spine pain
- Shoulder pain

Visit HingeHealth.com/SISC or call 1-855-902-2777 to learn more.

*Per IRS guidelines for HSA plans, this benefit is subject to deductible for members enrolled in the following plans: Minimum Value, Anchor Bronze, HSA-A and HSA-B.
Added Value Programs
Diabetes Prevention Program Available at No Cost

**Solera4Me**

Anthem PPO and HMO members can access a 16-week, cutting-edge diabetes prevention program through Solera. This program is designed to help members with prediabetes lose weight, adopt healthy habits, and significantly reduce their risk of developing diabetes.

Programs* vary by region and may include:

- Weight Watchers
- Healthslate
- Jenny Craig
- Noom
- Retrofit
- Skinny Gene Project
- and more

Take a 1-minute quiz to see if you qualify at [Solera4Me.com/SISC](http://Solera4Me.com/SISC).

*Program availability subject to change.
Added Value Programs
Hip, Knee, and Spine Surgical Options Available at No Cost*

Carrum Health
Anthem PPO members can access Carrum Health’s surgery benefit that provides exclusive access to “Centers of Excellence” at Scripps Hospital in San Diego, CA.

Patients receive:
- Personalized “Concierge” support
- Access to top-quality surgeons at Scripps
- Co-insurance and deductibles waived
- Travel expenses covered for patient and one companion

Eligible procedures include:
- Hip Replacement
- Knee Replacement
- Cervical Spinal Fusion
- Lumbar Spinal Fusion

This benefit is exclusive to Scripps Hospital and must be accessed through Carrum Health. Visit Carrum.me/SISC or call 1-888-855-7806 to learn more.

*Per IRS guidelines for HSA plans, this benefit is subject to deductible for members enrolled in the following plans: Minimum Value, Anchor Bronze, HSA-A and HSA-B.
Added Value Programs
Expert Medical Opinions Available at No Cost

**Advance Medical**
Anthem PPO and HMO and Kaiser Permanente members can get answers to healthcare questions and medical opinions from world-leading experts in their fields of specialty through Advance Medical. Members can speak directly with a specialist once their case is established.

Advance Medical can help members when they:

- Are dealing with complex medical conditions
- Are considering surgery or a major procedure
- Have questions about managing a health condition
- Want a second opinion on a documented diagnosis or treatment plan

Visit [Advance-Medical.net/SISC](http://Advance-Medical.net/SISC) or call **1-855-201-9925** to learn more.
Added Value Programs
Discounted Gym Memberships

Anthem and Kaiser Permanente
Members have access to a $25 gym membership (+one-time $25 enrollment fee) at a broad network of participating facilities through American Specialty Health’s Active & Fit Direct program.

Visit ActiveandFitDirect.com to locate facilities and enroll. Members may also call American Specialty Health directly at 1-844-646-2746 for more information.
Added Value Programs

Emotional Wellness App Available to all Employees at No Cost

myStrength
Like a virtual gym for your mind, myStrength provides personalized online resources to help members handle life’s ups and downs, and feel more positive.

Highly interactive, individually-tailored applications empower myStrength users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health.

Members have access to positivity training tools, inspirational videos, articles and quotes, a daily mood tracker and step-by-step eLearning programs.

www.anthemeap.com
Company Code: SISC
Added Value Programs
Counseling Services Available to all Employees at No Cost

Anthem EAP
All employees and everyone in their household have access to up to 6 free and confidential counseling sessions per issue through Anthem EAP. Anthem EAP features 24/7 telephone access to clinicians and can assist participants in:

• Finding work-life balance
• Parenting a child with special needs
• Dealing with addiction and recovery
• Setting retirement goals
• Getting mental health resources and information
• Just about anything else life throws at you

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs

Counseling Services Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their household can take advantage of counseling services at no cost through Anthem EAP. Participants receive up to 6 confidential, in-person or video counseling sessions with a licensed professional. This also program features:

• 24/7 telephone access to clinicians
• Guidance and support on accessing counseling through non-Anthem medical plans
• Online tools, information, and resources and more

1-800-999-7222
www.anthemeap.com
Company Code: SISC
 Added Value Programs
Financial Services Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their household may consult with financial experts through Anthem EAP. Participants receive unlimited access to financial experts knowledgeable in a wide range of topics. Support may include consultation on the following topics:

- Bankruptcy prevention
- Comprehensive financial fitness
- Debt reduction and management
- Financial planning
- Housing education and purchasing
- And more

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs
Childcare Resources Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their households may receive support with childcare resources through Anthem EAP. Participants receive referrals for everything from child care centers and family day care homes to camps, schools, tutors, and more through Anthem EAP.
Support may include:

• Resources for gifted and special needs children
• Access to an online library with articles and tips on parenting and child rearing
• Information on health, wellness, and child development

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Added Value Programs
Elder Care Resources Available to all Employees at No Cost

Anthem EAP
SISC member district employees and those in their household may receive support with elder care resources through Anthem EAP. Participants receive confidential caregiver support services provided 24/7 via phone or online through Anthem EAP. Support may include:

- Qualified Elder Care consultations always available
- Local community resources and assistance
- Articles on caregiving, insurance, and end-of-life decisions available online
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities

1-800-999-7222
www.anthemeap.com
Company Code: SISC
Flu Vaccines
Available at No Cost

**Anthem members:**
Free flu shots are available at any participating pharmacy, including Costco (1-800-774-2678/Costco.com) and excluding Walgreens.